

Stroller Babes

Fitness for Moms and Babies

Free Trial Class on Wednesday January 9th

Stroller Babes focuses on intervals of power walking and running with functional strength training, followed by postnatal specific core work and flexibility. This course is led by Pre & Post-Natal Fitness Specialist Jenny Irvine. Classes take place on Mondays and Wednesdays at 9:30 a.m. in the Field House at the Benson Centre. Registration is accepted for full session, half session or daily drop-in. For more information on the Stroller Babes Program please contact Jenny Irvine at jenny@achievefitnesscornwall.com or Itaillon@cornwall.ca

NAME _____

ADDRESS _____

CITY _____ POSTAL CODE _____

DATE OF BIRTH DAY _____ MONTH _____ YEAR _____

PHONE (HOME) _____ (WORK) _____

FAMILY MAIN CONTACT _____ PHONE _____

PLEASE INDICATE ANY SERIOUS MEDICAL PROBLEM: _____

E-MAIL _____

OFFICE USE ONLY

PAID BY:

Cash Credit
 Other

Amount _____

Date _____

Signed _____

Session Choices

Winter Session 1 – Monday January 14 – Wednesday February 27, 2019 (12 Classes)

No Class on Wednesday January 16 & Monday February 18, 2019 (Happy Family Day)

- \$84.00 – Full 12 class session (Includes HST)
- \$51.00 – Mondays Only - 6 Sessions – One class per week (Includes HST)
- \$51.00 – Wednesdays Only 6 Sessions – One class per week (Includes HST)
- \$10.00 Drop in fee per class payable at Benson Centre (add HST)

Spring Session – Monday March 4th – Wednesday April 24th, 2019 (13 Classes)

No Class on Monday March 11 & Wednesday March 13 & Monday April 22, 2018 (Easter Monday)

- \$91.00 – Full 13 class session (Includes HST)
- \$51.00 – Mondays Only - 6 Sessions – One class per week (Includes HST)
- \$59.50 – Wednesdays Only 7 Sessions – One class per week (Includes HST)
- \$10.00 Drop in fee per class payable at Benson Centre (add HST)

REGISTRATION POLICIES AND PROCEDURES

1. Mail In or Register in person. Registration can take place at the Benson Centre or the Cornwall Aquatic Centre. Office hours at the Benson Centre are Monday to Friday 9:00 a.m. – 10:00 p.m. and Saturday and Sunday from 7:00 a.m. – 10:00 p.m. Office Hours at the Cornwall Aquatic Centre for registration are Monday to Friday 7:00 a.m. to 10:00 p.m., Saturday and Sunday 7:00 a.m. to 9:00 p.m. For more information please contact the Cornwall Aquatic Centre at 613-933-3586.
2. Mail in registrants will be confirmed by telephone and will receive receipt on first day of class.
3. Customers registering in person will receive a letter of confirmation at the time of registration.
4. In order to be processed, forms and fees must be completed (signed) and submitted together with current date.
5. Forms will be processed in order of first received, first processed.
6. Interact, Visa and MasterCard are available.

CLASS PROGRAM CANCELLATION:

In the event that classes are cancelled every attempt will be made to contact participants in advance. **Classes that are cancelled due to Civic Holidays, Statutory Holidays, Special Events will not be re-scheduled.** Participants must attend only the class in which they are formally registered. We regret we cannot accommodate requests for make-up classes at other times. There are no refunds for classes re-scheduled by the department; participants must attend that class.

DEPARTMENT OF PLANNING, PARKS AND RECREATION REFUND POLICY

****REFUND INQUIRIES MUST BE DIRECTED TO THE LEISURE ARTS COORDINATOR****

1. A full refund to be granted if program is cancelled. The Department reserves the right to cancel programs due to insufficient registration.
2. A partial refund to be granted, other than for medical reasons, if notification received 48 hours prior to Second lesson.
3. *All refunds subject to a \$5.00 administration fee and to be pro rated.*
4. All refund requests due to medical reasons must be accompanied by a medical certificate and must be received prior to halfway through the session.
5. Transfers will not be permitted after the second class.
6. Allow four weeks for processing.

The City of Cornwall will not be responsible for any medical, dental or hospital bills or any other expenses caused by injury to any person participating in the Cornwall Department of Planning, Parks and Recreation programs. This being understood, registrant and parents hereby agree and save harmless and indemnify the City of Cornwall from claims for injuries.

Please complete the attached Par-Q and You Health Questionnaire

***Mothers require six week medical clearance from Health Practitioner**

REGISTRANT SIGNATURE